

first time posting

Posted by bentorah101 - 04 Mar 2016 17:37

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Hi all,

Iv'e been on the sight for a little over a year, tried many times the 90 day journey, usually messing up at around 20 - 40 days in. Recently I did it and made it to 123 days, and then I fell again this past tues, and again just now, Erev Shabbos Vayakhel. So I decided to post as maybe writing this for anyone to see will help. I think one of my biggest problems is that after I fall, I get back up (maybe not right away but usually within a couple of days) and then I am very aware of my problem, I talk to Hashem in almost every tefillah about it, am very vigilant about spending too much time on the internet etc. and after time (a month or so, this past time it lasted till after 90 days) I tend to forget that I have an addiction, and just go on with life as I never had one which is all good until I start slipping and then fall. Any suggestions? I know that 90 or 123 days is not a magic number and that i'm not "cured" but knowing that and actually living with that is 2 different stories. Thanks

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Re: first time posting

Posted by markz - 20 Mar 2016 01:18

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Copy and paste this link into your browser

[66.199.228.237/boundary/Sexual\\_Addiction/whitebook.pdf](http://66.199.228.237/boundary/Sexual_Addiction/whitebook.pdf)

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Re: first time posting

Posted by Markz - 24 Jul 2016 14:51

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Hey brother I see you're on

80 Days

Last Update: 0 Day Ago

Cool!!

Howdya do that?

Or

I apologize, the link I gave you earlier doesn't work.  
White Knuckling?

The one in cordnoy's signature is good

Here it is

[66.199.228.237/Sexual\\_Addiction/whitebook.pdf](http://66.199.228.237/Sexual_Addiction/whitebook.pdf)

**KEEP ON TRUCKING!!!**

WhiteBook?

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